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HOUSEKEEPERS' CHAT

Friday, September 21, 1934.

(FOR BROADCAST USE ONLY)

Subject: "Vegetable Pies for Variety." Information from the Bureau of Home Economics, U.S.D.A.

--ooOoo--

This is the season when all good vegetable gardens come to the aid of the pie-maker. You know, we pie enthusiasts are often inclined to sing the praises of apple or peach or other fruit pies at this season, but to forget that many of our fall vegetables make most delicious and inexpensive fillings for pies.

Yellow vegetables probably take the prize for pie-making. And, of course, the most celebrated of these is the pumpkin. If ever there was a real American dessert, it's pumpkin pie. Pumpkins are a native of this country, you know. They were here long before the white man. The early settlers found the Indians eating pumpkin, and they soon adapted these golden vegetables for their own use. Some clever great-grandmother of ours probably originated the idea of spicing and sweetening cooked pumpkin cooking it with milk and egg to make a filling for pie.

Squash pie is another hundred percent American dessert. For squashes were also native American vegetables, introduced to our tables by the Indians. In any good recipe for pumpkin pie you can substitute squash. The method of making it is the same.

<sup>This</sup>Folks who live south of the Mason-Dixon line usually favor sweetpotato pie. <sup>This</sup>tastes much like squash and pumpkin pie. It is made with the same ingredients -- spices, sugar, milk and eggs. The chief difference is in cooking. Since squash and pumpkin are both more watery than sweetpotatoes, they need longer cooking to evaporate the juice. Sweet potatoes can be either boiled or steamed until soft and then simply mashed.

By the way, food experts tell me that pumpkin and squash give better flavor to pie if they are steamed soft rather than boiled in water. This takes longer but the improved taste may be worth it.

There's still another yellow vegetable that makes delicious pie but for some reason hasn't had the publicity it deserves. This is the carrot. Carrots are excellent pie-makers. You can use them in a spiced custard mixture much like the pumpkin or squash pie filling. And you can use them ground or grated with raisins in a sweet filling something like mincemeat.



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In all these vegetable custard pies, a blend of spice gives the best flavor. Powdered cinnamon, allspice and mace is the combination most people prefer.

Well, now, in about one minute I'm going to give you the recipe for carrot custard pie. But while you're getting your pencil and paper ready, I want to mention one more fall vegetable pie. Have you ever tried green tomato mincemeat? If not, here's a pie to treat yourself to just before frost sets in. As we were saying the other day, frost can ruin those emerald balls hanging on your tomato vines. But if you bring them in and grind them up for mincemeat or put them down in brine, you can save them for use all winter. Green tomato mincemeat you make with chopped green tomatoes and tart apples, with raisins and dried currants, chopped citron, and cinnamon, allspice and cloves for seasoning, and brown sugar, and vinegar. You can seal this mixture in sterilized jars to keep until you are ready to use it.

By the way, this green-tomato mincemeat is an idea for an unusual homemade Christmas present. Send your best friend a jar of your own mincemeat, an unusual variety, just enough to make one nice Christmas pie.

Well, if you are ready for the carrot-custard pie recipe, I am. You'll need just ten ingredients:

- 8 to 10 young carrots
- 1 cup of milk
- 1/2 cup of sugar
- 1 teaspoon of cinnamon
- 1/2 teaspoon of allspice
- 1/4 teaspoon of mace
- 1/2 teaspoon of salt
- 2 eggs
- 2 tablespoons of butter, and
- Pastry.

I'll go over that list of ten again. (REPEAT)

Wash, scrape and cook the carrots in a small quantity of water until tender. Drain and press them through a sieve. Now heat 1 and 1/2 cups of the carrot with the milk, sugar, spice, and salt in a double boiler. Add this to the well-beaten eggs and the butter. Pour the hot filling into a deep, crisp, baked pastry shell. Bake in a moderate oven about 30 minutes -- or until the filling sets.

Just time for a menu featuring custard pie. The main dish is beef scallop made with boiled rice, canned tomatoes, onion for seasoning and cooked or canned meat. If you prefer, use spaghetti or cooked hominy or even macaroni in place of the rice. With this hot main dish, serve a bowl of crisp green lettuce and French dressing. For dessert, carrot custard pie and coffee.

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